Guess How Many Spoons Of Sugar are in each of these ....
(4g of sugar = 1 teaspoon)



☐ X



☐ X



☐ X



☐ X



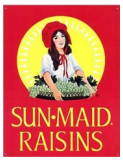
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Recommended Daily Amounts of Sugar

Age 4-6yrs RDA is 19g of sugar (5 teaspoons)
Age 7-10yrs RDA is 24g of sugar(6 teaspoons)
Age 11+ yrs RDA is 30g of sugar (7.5 teaspoons)

Answers
Post on our Facebook timeline or Tweet us and we will send you the link to the answers by private message.
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